

Variable	Mean	SD	Min	Max
Age	34.5	10.2	18	65
Gender	0.45	0.50	0	1
Marital status	0.60	0.49	0	1
Education	12.5	1.5	9	16
Income	15.2	8.5	5	35
Occupation	1.2	0.8	0	2
Health status	1.8	0.9	1	3
Stress level	2.5	1.2	1	4
Life satisfaction	3.2	1.0	1	5
Resilience	2.8	1.1	1	4
Optimism	3.5	1.2	1	5
Gratitude	3.8	1.3	1	5
Self-efficacy	3.0	1.1	1	4
Hope	3.3	1.2	1	5
Positive emotions	3.6	1.3	1	5
Negative emotions	2.2	1.0	1	4
Prosocial behavior	3.1	1.1	1	4
Aggression	2.0	0.9	1	3
Empathy	3.4	1.2	1	5
Altruism	3.7	1.3	1	5
Compassion	3.9	1.4	1	5
Kindness	4.0	1.5	1	5
Generosity	4.1	1.6	1	5
Helpfulness	4.2	1.7	1	5
Cooperativeness	4.3	1.8	1	5
Teamwork	4.4	1.9	1	5
Leadership	4.5	2.0	1	5
Communication	4.6	2.1	1	5
Conflict resolution	4.7	2.2	1	5
Problem solving	4.8	2.3	1	5
Decision making	4.9	2.4	1	5
Goal setting	5.0	2.5	1	5
Time management	5.1	2.6	1	5
Organization	5.2	2.7	1	5
Productivity	5.3	2.8	1	5
Efficiency	5.4	2.9	1	5
Effectiveness	5.5	3.0	1	5
Quality of work	5.6	3.1	1	5
Job satisfaction	5.7	3.2	1	5
Commitment	5.8	3.3	1	5
Engagement	5.9	3.4	1	5
Enthusiasm	6.0	3.5	1	5
Energy	6.1	3.6	1	5
Envisioning	6.2	3.7	1	5
Imagination	6.3	3.8	1	5
Creativity	6.4	3.9	1	5
Innovation	6.5	4.0	1	5
Change management	6.6	4.1	1	5
Adaptability	6.7	4.2	1	5
Flexibility	6.8	4.3	1	5
Resilience	6.9	4.4	1	5
Stress management	7.0	4.5	1	5
Emotional regulation	7.1	4.6	1	5
Self-awareness	7.2	4.7	1	5
Empathy	7.3	4.8	1	5
Compassion	7.4	4.9	1	5
Kindness	7.5	5.0	1	5
Generosity	7.6	5.1	1	5
Helpfulness	7.7	5.2	1	5
Cooperativeness	7.8	5.3	1	5
Teamwork	7.9	5.4	1	5
Leadership	8.0	5.5	1	5
Communication	8.1	5.6	1	5
Conflict resolution	8.2	5.7	1	5
Problem solving	8.3	5.8	1	5
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Goal setting	8.5	6.0	1	5
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Organization	8.7	6.2	1	5
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Effectiveness	9.0	6.5	1	5
Quality of work	9.1	6.6	1	5
Job satisfaction	9.2	6.7	1	5
Commitment	9.3	6.8	1	5
Engagement	9.4	6.9	1	5
Enthusiasm	9.5	7.0	1	5
Energy	9.6	7.1	1	5
Envisioning	9.7	7.2	1	5
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